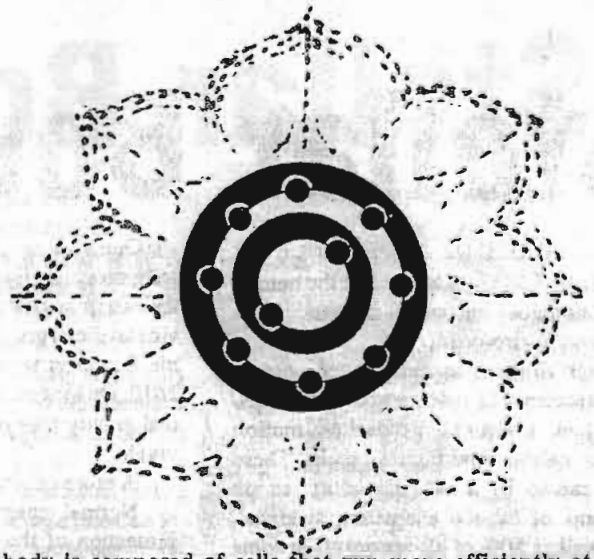
Healing With Oxygen



Sometimes we overlook obvious solutions to complex problems. This simple breakthrough may transform our views of health, healing and the human lifespan.

MANY DIFFERENT ELEMENTS, BASIC COMPOUNDS AND ASSORTED NUTRIENTS ARE REQUIRED FOR THE CONTINUOUS CONSTRUCTION OF THE PHYSICAL BODY. It has long been recognised that shortages of these essential raw materials can produce a bewildering variety of disorders and malfunctions.

We should expect that the greater the body's required proportion of a given element, the more central and crucial its biological functions and the more severe and generalised the health problems that would result from a shortage of it. Logically, a serious deficiency of the single most vital element in the body would do the worst damage of all, and the most basic.

The element that the body is primarily composed of is oxygen. A healthy body is around four-fifths water; water is eight-ninths oxygen, which is also present in most of the other organic compounds. The body is over two-thirds oxygen, more than twice as much as all the other elements combined. Through oxidation, the body generates heat and energy from whatever fuel it consumes and disposes of its toxins and any unwelcome microbes.

No other element needs to be constantly pumped into the body to keep it functioning. Five minutes with no oxygen would put most humans in serious trouble. Ten minutes and they'd be out of the game or severely brain-damaged, except under certain rare conditions.

The essential role of oxygen in our type of life is widely known in a general way; however its full implications do not seem to have been examined. Nor have the possible consequences been considered of a continuous, gradual decline in the air's oxygen level on the physical and mental health of an individual or civilisation.

Why Oxygen Therapy Works

THE APPLICATIONS OF THIS PRINCIPLE TOUCH ON EVERY ASPECT OF OUR LIVES, INCLUDING EVEN OUR ABILITY TO THINK ABOUT IT. The basic mechanism is that all hostile microbes and disease growths are unable to tolerate high oxygen concentrations in the fluids around them. A healthy body is composed of cells that run more efficiently at highe internal oxygen tensions, enough to keep any passing antagonisti germs from from establishing a culture among them. Should th body's oxygen percentage drop into the range that allows diseas to occur, it can be raised back up to a healthy level by taking i certain other concentrated oxygen supplements, which usuall are naturally occurring substances.

With oxygen therapy we aren't creating artificial chemica conditions in the body, but restoring its oxygen balance closer t the range it was originally intended to have. Even patients in ver advanced states of disrepair have recovered by correcting thei oxygen saturation, if started before irreversible structural dam age has set in.

Thousands of people have now overcome their various disor ders through oxygen therapy in one form or another. A growin number of physicians in Europe and the US are offering eithe intravenous H_2O_2 (hydrogen peroxide) or ozone (O_3) blood infu sions for patients with a wide variety of disorders. Many othe individuals are simply treating themselves by drinking a dilut H_2O_2 solution and/or absorbing it through their skin, and report ing full recoveries. North American consumption of Food-Grad H_2O_2 is reported to be rising over 15% each year, as its personal and agricultural applications catch on.

Earth itself is half oxygen, so it is practical and appropriate to compose its creatures mostly of that plentiful element. But if our bodies are over two-thirds oxygen, we must be concentrating that considerably out of the available supply in the air, which is currently only about one-fifth oxygen at best and much less in some places. The lower the proportion of oxygen around us, the more work is required to extract what we need and less energy is available for other tasks.

The water we contain must be constantly cleaned with fresh oxygen. Single-atom oxygen is so reactive it only lasts as a free atom for perhaps a millionth of a second before oxidising the nearest appropriate molecule, such as those in potentially harmful contaminants and microbes.

On the land or in a body, water can be anywhere from highly active, oxygenated and clean to stagnant and teeming with microbes that live on fermentation instead of oxidation. Water carries extra oxygen along with it either loosely in solution, such as it might pick up going over a waterfall, or tightly bound as H_2O_2 molecules, which occur naturally when water encounters ozone, ultraviolet rays or electrical discharges, in snow and rain and when ice and fire collide.

H_2O_2 is also formed in the bodies of all higher life forms on Earth and plays key roles in many of their metabolic pathways.

Along with hæmoglobin, it is what the body uses to move extra oxygen around. It is also the first thing the immune system puts out in response to any microbial invasions. H_2O_2 is carried into infected areas, to destroy pathogens with the highly reactive singlet oxygen it brings and lets loose. Blood platelets release H_2O_2 on encountering any membrane-perturbing particulates. *If the immune system has available enough oxygen to do its job, no hostile micro-organisms can do theirs, nor cancerous growths occur, simply because they can't survive such high concentrations of oxygen.*

Obviously these functions are a lot harder to carry out if there's a significant reduction in the available oxygen for making the H_2O_2.

Animal and plant cells contain microbodies called peroxisomes, which are involved with the continuous production and breakdown of H_2O_2. But beyond that, according to Sted*man's Medical Dictionary* (24th Ed) for example; "The role of peroxisomes in mammalian cells is not yet clarified." For the function of peroxisomes to be clearly understood, it will be necessary to acknowledge the central role of H_2O_2 in our immune systems and elsewhere, with all of its ramifications, including the link between massive oxygen depletion and the current Age of Disease.

Disease consists of either an invasion of the body by identifiable hostile microorganisms, or by some part or system of the body deteriorating apparently on its own, as with cancer. These conditions can occur only when the oxygen content of the affected fluids and tissues drops well below the optimum level required for healthy cell growth and activity and into the range where low-oxygen microbes or anærobic growths can exist.

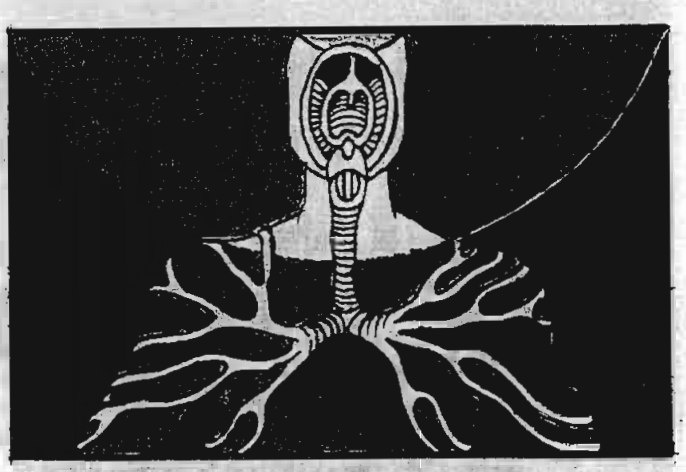
Either of these can be a highly potent weapon against disease. Together they offer the world a future health outlook entirely different from the usual grim expectations.

Whatever other nutritional errors may have occurred, a body in a diseased state has not been getting enough oxygen.

The most direct short-term solution to a body's oxygen shortage is to supplement whatever has been extracting by breathing, since that obviously wasn't sufficient, with some other concentrated source of oxygen.

Ozone (O_3) is pure oxygen with a third atom on each molecule, which splits off easily to oxidise germs or whatever else needs oxidising. Its therapeutic capabilities are wide-ranging and well documented (See *NEXUS #8 News*). But it can't be stored; it has to be generated as needed. The single oxygen atoms all come loose and combine with each other, so you wind up with a tank of regular oxygen (O_2). Still, there are conditions that appear to respond more swiftly to O_3 than to H_2O_2.

Pure H_2O_2 is 94% oxygen, since each oxygen atom is 16 times the size of a hydrogen atom. It is the most concentrated source of oxygen in liquid form available at normal temperatures. H_2O_2 can be easily stored and transported and is simple to dilute and use, whether orally or by soaking it through the skin to get the body's oxygen level back up toward what it was supposed to be in the first place.



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If oxygen's the main thing we need, it might be a good idea not to burn it all up, unless we're quite sure we know how to replace it. Unfortunately, in many places it is still being treated as if there were an inexhaustible supply, just as seemingly unlimited clean water was taken for granted until fairly recently.

Free oxygen is so reactive that any given volume of it eventually all binds up into oxides of whatever it contacts that can be oxidised. It must be constantly replenished through photosynthesis, electrolysis of water or some other means. So much of the oxygen of Mars is bound up in its crust that we can clearly see the red rusty soil from here. Earth has been luckier, so far.

The oxygen percentage in the air over a number of cities has dropped far below the 21% figure listed in the encyclopædias. In Eastern Europe, downwind from everyone else's pollution, even some forested regions have been measured at 15% or less oxygen in the air. After fighting the effects of acid rain for decades, the forests haven't enough strength left for normal photosynthesis. There are cities where the oxygen is consumed much faster than it can be locally replaced and when there isn't enough of a breeze to bring any fresh air in, the percentage can get low enough to asphyxiate some people right in their homes.

Anything under 7% oxygen in the air is too low to support a human even for short periods. If the lung surfaces are damaged by any of the amazing variety of modern airborne substances, they require more oxygen in the air if they are to keep their owner at least semi-functional a while longer.

Life-threatening declines of biologically available oxygen have become so widespread that this is seldom even recognised as a factor in disease, let alone a principal cause. Oxygen depletion creates a misleading "background level" of impairment of health and vitality that encourages people to accept as "normal" states of health and lifespans which are far below what is actually possible and desirable.

Symptoms of oxygen deprivation can include weakness, depression, dizziness, irritability, fatigue, memory loss, irrational behaviour, chronic hostility, circulation problems, bad digestion, lowered immunity to infection, parasites, tumours and various deposit buildups, and nameless dread. Cells undergoing partial oxygen starvation send out tiny panic signals which are collectively felt as a continuous vague sensation of immanent disaster. This low-level generalised warning tends to get tuned out as background noise or attributed to other sources of uneasiness, but it still adds considerably to the overall tension and irritability in the areas where the oxygen level has most declined.

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Combustion of carbon and hydrocarbon fuels binds up tremendous amounts of formerly free oxygen into carbon dioxide (CO_2) and incomplete combustion ties up still more into carbon monoxide (CO), which itself grabs onto additional oxygen to become more stable as CO_2.

It only takes around five minutes or less for a monoxide suicide's garage to fill to a lethal density with car exhaust. Stretch the minutes to years, multiply that car motor by several billion, including some real monsters and all the jet engines; add in all the industrial belchings and how many years do we have before most of the ground layer of our atmosphere tastes like that garage? In some places it already does.

At the same time, the planet's oxygen-producing forests have shrunk to the smallest size in recorded history, so now far less oxygen is being released back into the air and less CO_2 is being absorbed and broken down. Half of the rainforests we came into this century with have been sent quite prematurely and rudely to that great jungle in the sky, along with vast wooded areas that used to occupy temperate zones.

Increasingly harsh and unpredictable weather is a further effect of global deforestation, since the trees are no longer there to soften winds, reduce temperature extremes and attract rain. As the percentage of oxygen in the air declines, it grows less able to hold the amount of water vapour necessary to sustain normal cloud cover, rain levels, atmospheric conductivity and thermal regulation.

More oxygen production is lost through the destruction by pollution of the oceans' phytoplankton. *Because the atmosphere is so vast, a severe imbalance between global production and consumption of oxygen can exist for decades before the effects become obvious enough for humans to notice.*

An average adult human breathes in around 400 cubic feet of air a day. From that we extract about 20 cubic feet of oxygen for internal use. If the air is around 20% oxygen, we're only removing the oxygen from a quarter of the air inhaled. Presumably the other three quarters isn't contacting the actual lung surface.

the human body was originally designed to grow and operate at a 50% stronger concentration of oxygen

If there's a richer mix of oxygen in the air, the body can obtain its needed supply with less effort. If the oxygen level is low, extra lung-work is required.

People breathing the same air have widely varying states of health and diseases have been around a lot longer than internal combustion engines and chainsaws. What explains this, if oxygen deficiency is the primary cause of disease?

Some people actually have less room in their blood for the oxygen they inhale, due to all the extra stuff they're already carrying around in their veins, while their overworked elimination systems try to catch up.

This isn't a new phenomenon. Plagues follow periods of widespread ignorance of basic sanitation and extensive pollution of public water sources. The local air may also be loaded with smoke and soot. The victims' bodies used up their internal oxygen supplies trying to neutralise their high blood toxin levels, resulting from constant reingestion of diluted wastes. This weakened their immune systems, setting them up for massive microbial assaults. The survivors were those who, through location, health habits and/or attitude had maintained a high enough oxygen saturation to keep the plague germs out.

A big factor in susceptibility is the share of a person's oxygen supply that gets used to oxidise and render harmless various substances taken into the body which might otherwise cause problems if allowed to accumulate. Apart from the body's own waste products like uric acid, opportunistic pathogens are a major source of such toxins, which are necessary to the metabolisms of the microorganisms producing them. Oxidation of those toxins and the intercellular debris that feeds the pathogens interferes with their attempts to survive and spread. But it also ties up considerable amounts of oxygen that could otherwise serve elsewhere in the body.

The percentage of a person's oxygen supply that is used up in these cleaning functions can vary widely. Some people stay internally clean enough that the rest of their metabolic functions never get seriously deprived of oxygen and they don't seem to ever get sick. Others have loaded their bodies down with extra matter that they can't use, or absorbed high levels of toxins from their particular surroundings. The net result of this is that even with adequate oxygen in the air, they are carrying so much debris around in their blood that it still can't pick up enough oxygen as it passes through the lungs. The oxygen saturation of their tissues then drops into the range that disease organisms find comfortable.

It should be noted that not all pathogens share the same oxygen tolerance levels. They range from completely anærobic ones to hardy outdoor types that can withstand long exposure to air. Some can attack only those with badly weakened immune systems, others are sufficiently tough and energetic to invade anyone who isn't at a high enough level of oxygen saturation and vitality to resist, which these days can include entire populations.

But all disease organisms are unable to survive the high oxygen concentration in a truly healthy human body, over three times that of air. All are vulnerable to the instant oxidation that occurs when they encounter singlet oxygen atoms released intercellularly by H_2O_2 molecules from the peroxisomes, certain mitochondria, or other micro-bodies.

There are a lot of variables that can affect one's ability to pull off this little biochemical stunt on demand. Breathing, eating and exercise habits, air quality and emotional states are all factors.

Fear, worry and depression all interfere with breathing freely and reduce oxygen uptake. It can be a vicious downward spiral, since depression gets even worse as the internal oxygen supply declines.

If you're happy and doing something you feel good about, you tend to breathe more deeply, even at rest. And a high oxygen level in turn brings about a sense of vigour and well-being. You might find it informative to notice variations in your breathing as you move through different emotional states.

There is evidence that the human body was originally intended to have at least a 50% higher available oxygen concentration around it from which to extract the continuous supply it needs.

Not long ago some freethinking scientist *[see NEXUS News #7]* analyzed the air mixture in bubbles trapped in fossilized amber. The air samples contained about 30% oxygen, half again what we're presently used to. The air was trapped millions of years ago. The available geological evidence, such as from the ice ages, seems to indicate that the oxygen level didn't start declining until after humans appeared.

With so much more loose oxygen than there is now, vast primordial forests were fixing large quantities of nitrogen from the air into the soil, while liberating the oxygen from the elements they required.

The implications are quite sobering. Among other things, this suggests that the human body was originally designed to grow and operate at a 50% stronger concentration of oxygen than what's in even the best of what we're currently breathing. Under those conditions, human strength, health and longevity could have been far greater than what's common today. Early biblical accounts of huge strength and very long lives might be considered anecdotal evidence for this. If the oxygen depletion trend can be reversed, perhaps we are yet to experience the high levels of health and vitality of which we are truly capable.

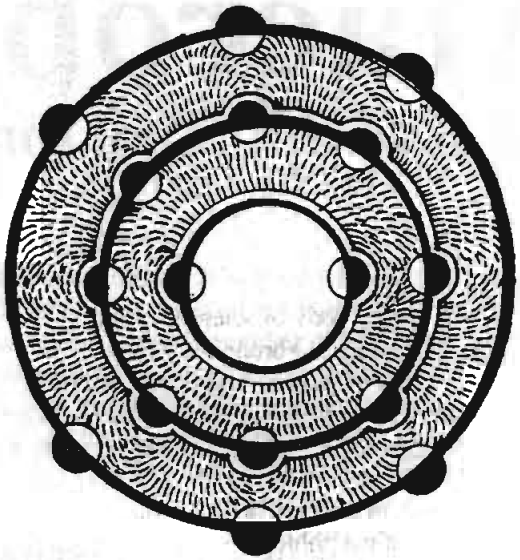
Every paramedic knows how to give someone's vitality a temporary boost by slapping an oxygen mask over their face. In Tokyo, people in the thickest districts pause at oxygen bars to buy breathing time on O_2 masks and the Soviets attribute some of their overwhelming success at the Summer 1988 Olympics to the 'oxygen cocktails' their athletes were given before competing; water containing extra oxygen and other nutrients.

Oxygen and Bioelectric Efficiency

APART FROM BEING PLENTIFUL AND THE BEST BIO-CLEANSER, OXYGEN HAS ANOTHER QUALITY that makes it ideal as the main ingredient in any body with a nervous system; its conductivity. All elements in the oxygen family tend toward metallic behaviour. Oxygen is the only gas with six electrons in each atom's outer shell and it readily picks up additional electrons to form compounds with other elements including conductive organic compounds for transmitting nerve signals.

The brain and nervous system consume far more oxygen in proportion to their weight than the rest of the body. The brain alone uses up around a fifth of the body's blood supply. The constant firing of microelectric impulses across the synapses requires a great deal of energy. If there isn't enough oxygen available for the nerve cells to fire dependably when needed, the brain can't help but function less effectively. Consider that most governments and media have their headquarters in major cities.

When excess lipids or other inert matter gathers between the cells or along artery walls, it does not enhance the efficiency of one's cellular circuitry. The stomach trusts its owner and attempts to digest and assimilate into the body whatever gets swallowed, however inappropriate. The leftover debris from foods with low nutritional value or from tiny battles between invading germs and an immune system short of oxygen for ammunition can pile up and create resistance in places where bioelectric current is meant to flow freely. Excess micro-pockets of accumulated fats and oils act as insulation between normally more conductive cells. They create an effect rather like unwanted capacitors, storing up electrical charge as tension beyond what the cells normally maintain. Much of the body's vitality is then used up simply overcoming its own internal resistance.



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However, if this surplus matter is cleared away and the tissues contain only those substances they are intentionally composed of, bioelectric currents can move easily and nerve signals can flow at their most efficient rate. The body uses up less energy for its basic functions, leaving more for other activities.

The upper limits of human bioelectric energy production and efficiency have not yet been established. Indications are that certain paraphysical 'wild talents' switch on more readily at higher bioelectric energy potentials. The role of various traditional precise breathing exercises in many of the Eastern master's mystical feats is well known. They refer to something called *prana*, a vital force essential to all the body's functions that is inhaled and circulated through the blood; life energy particles carried by oxygen atoms. We may find there are many amazing capabilities built into us that only become available when we are at our most oxygen-saturated and bioelectrically conductive, running at a level of vitality presently considered quite rare.

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Part 2 Next Issue. For safe H_2O_2 dosages see NEXUS #8.

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